

# Teen Sports & Active Recreation

## HOME SCHOOL TEEN TENNIS

This program is designed to meet the needs of children and youths, who are being educated at home. No experience required. The focus of the class is on fundamental skills and technique. Bring a tennis racket and dress appropriately.

Instructor: Mike Myers

Location: Community Park, Tennis Courts

Activity#	Date	Day	Time	Age	Sessions
2300.305	9/1-10/6	T	11am-12pm	13-18yrs	6
2300.306	10/20-12/1	T	11am-12pm	13-18yrs	6

Resident \$77/ CRC Member \$72

Non-Resident \$82/ CRC Member \$77

## FUNDAMENTALS OF TENNIS

This is a course designed to teach the fundamentals, proper techniques and skill development to the players. Bring a tennis racket and dress appropriately. Space is limited, so sign up now!

Instructor: Mike Myers

Location: Community Park, Tennis Courts

Activity#	Date	Day	Time	Age	Sessions
2300.301	9/2-10/7	W	4:30pm-5:30pm	13-18yrs	6
2300.302	10/21-12/2*	W	4:30pm-5:30pm	13-18yrs	6

\*No Class 11/25

Resident \$77/ CRC Member \$72

Non-Resident \$82/ CRC Member \$77

## TEEN TENNIS LEAGUE

This junior program is designed for the individual who already knows how to play the game. He/she should be able to hit balls and rally consistently with a partner. The emphasis of the program is skill development and preparation for match play with the goal to prepare The Juniors for USA Team Tennis play. Bring a tennis racket and dress appropriately.

Instructor: Mike Myers

Location: Community Park, Tennis Courts

Activity#	Date	Day	Time	Age	Sessions
2300.303	9/3-10/8	TH	4:30pm-5:30pm	13-18yrs	6
2300.304	10/22-12/3*	TH	4:30pm-5:30pm	13-18yrs	6

\*No Class 11/26

Resident \$77/ CRC Member \$72

Non-Resident \$82/ CRC Member \$77

## TENNIS: PRIVATE LESSONS

See page 23 for class information.

## TEENS & ADULT BALLET I & II

Expand your creativity and self-expression through dance! The beginning dancer alongside the continuing dancer will learn and build on basic ballet steps and technique, and enjoy center-floor and across-the-floor combinations to a variety of music. This great introduction to dance strongly encourages poise, coordination, and confidence.

Instructor: Paula Johnson

Location: Community & Cultural Center, Mira Monte Room

Activity#	Date	Day	Time	Age	Sessions
2600.301	9/16-10/21	W	7:10pm-8:10pm	13yrs+	6
2600.302	11/4-12/16*	W	7:10pm-8:10pm	13yrs+	6

\*No class 11/25

Resident Fee \$68 CRC Member: \$63

Non-Resident Fee: \$78 CRC Member: \$73



## SALSA AEROBICS

This dynamic Latin themed class gives you the excitement of being on the dance floor while giving you tremendous fitness benefits. Salsa Aerobics will help you to improve flexibility, increase stamina, strengthen your cardiovascular system, and shed excess body fat. Wear comfortable workout clothing with athletic shoes.

Instructor: Paula Johnson

Location: Community & Cultural Center, Mira Monte Room

Activity#	Date	Day	Time	Age	Sessions
2600.303	9/16-10/21	W	6pm-7pm	13yrs+	6
2600.304	11/4-12/16*	W	6pm-7pm	13yrs+	6

\*No class 11/25

Resident Fee \$68 CRC Member: \$63

Non-Resident Fee: \$78 CRC Member: \$73